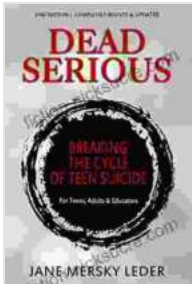


# Dead Serious: Breaking the Cycle of Teen Suicide



## Dead Serious: Breaking the Cycle of Teen Suicide

by Jane Mersky Leder

★★★★☆ 4.6 out of 5

Language : English  
File size : 8305 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 210 pages  
Lending : Enabled



Teen suicide is a serious problem. In the United States, suicide is the second leading cause of death for people aged 15 to 24. Every year, more than 6,000 teens take their own lives.

Suicide is a complex issue with many contributing factors. These can include mental health problems, such as depression and anxiety; substance abuse; bullying; and family problems.

There are a number of warning signs that may indicate that a teen is at risk for suicide. These include:

- Talking about wanting to die or wanting to hurt themselves
- Giving away their belongings

- Withdrawing from friends and family
- Changes in their behaviour, such as becoming more irritable or aggressive
- Difficulty sleeping or concentrating
- Increased use of alcohol or drugs

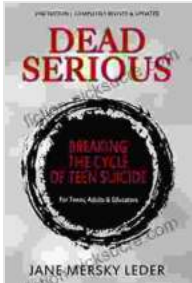
If you think your teen may be at risk for suicide, it is important to take action. Here are some things you can do:

- Talk to your teen about suicide. Let them know that you are there for them and that you care about them.
- Listen to what your teen has to say. Don't try to interrupt or dismiss their feelings.
- Validate your teen's feelings. Let them know that it is okay to feel the way they do.
- Encourage your teen to seek professional help. A therapist or counselor can help your teen understand their feelings and develop coping mechanisms.
- Stay connected with your teen. Let them know that you are there for them and that you love them.

Suicide is a preventable tragedy. If you think your teen may be at risk, it is important to take action. By talking to your teen, listening to what they have to say, and encouraging them to seek professional help, you can help them break the cycle of teen suicide.

## **Resources**

- National Suicide Prevention Lifeline
- Crisis Text Line
- Suicide Prevention Resource Center
- The Jed Foundation

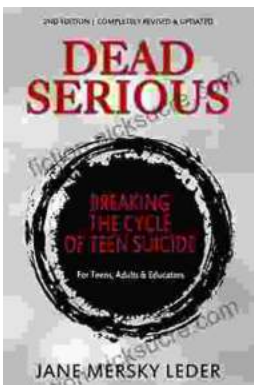


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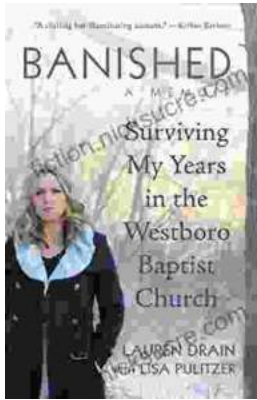
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